



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 03193, Babyfood, cereal, oatmeal, with honey, dry

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	5.80	--	0.300	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Energy	kcal	391	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Energy	kJ	1636	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	13.50	--	0.100	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Total lipid (fat)	g	7.00	--	0.100	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Ash	g	4.40	--	0.100	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Carbohydrate, by difference	g	69.30	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Minerals													
Calcium, Ca	mg	1154	--	13.000	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Iron, Fe	mg	67.23	--	1.130	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Magnesium, Mg	mg	146	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Phosphorus, P	mg	733	--	29.000	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978

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Potassium, K	mg	259	--	8.000	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Sodium, Na	mg	47	--	2.000	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Zinc, Zn	mg	3.70	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Copper, Cu	mg	0.529	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Selenium, Se	µg	36.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Thiamin	mg	2.771	--	0.061	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Riboflavin	mg	2.842	--	0.030	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Niacin	mg	36.292	--	0.808	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Pantothenic acid	mg	1.540	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Vitamin B-6	mg	0.154	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Folate, total	µg	35	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	35	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Folate, DFE	µg	35	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	23	--	2.000	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978

Lipids

Amino Acids

Other